

Mind Over Matter

Through cautious observation, an individual learns to adapt to difficult situations. Only acting once a clear decision is settled upon. As patience plays a crucial role in deciding a course of action. The more focused the mind, the less friction one will naturally encounter. As one's thoughts have been directed towards a particular end. Which keeps the mind from wandering in all directions. Something that occurs naturally, in the absence of a definitive goal. Yet, problems of this nature can be resolved. Should an individual decide to shift the focus of attention. Given that a change of perspective requires dedication on behalf of the individual. The more receptive one is to change, the less friction one will encounter. As the mind comes to accept that change is simply a part of life. Therefore, it proves a futile endeavor to try and resist it.

As resistance on the individual's behalf, only prolongs a decision that needs to be made. The more one attempts to avoid it, the mistakes of the past will only repeat. Since the lesson was not learned the first-time round. Something that tends to happen as a result of life's unacknowledged lessons. The sooner an individual attempts to break free of limiting beliefs; that only serve to obstruct one's path. They no longer hold the same degree of influence over one's life. As a healthy break from the past, serves as a decisive turning point. A moment in which an individual recognizes that which requires immediate attention. Acting where necessary, to improve one's quality of life. The first step towards building a new life for oneself. Learning to adapt to arduous situations, without caving to the pressure associated with them. This in turn creates a mindset able to withstand any storm.

An ability that will serve one well over the course of a lifetime. Should an individual ignore the compulsion to act. Whenever an urge to react impulsively should arise. Given that a brief lapse of discipline can result in dire consequences. Investing time

and effort to cultivate a shift in the way one handles these situations. The ability to hold space during a crisis provides an individual with a priceless skill. One that has the potential to disempower hostile threats. Should an individual manage to overcome the impulse to act in a reckless manner. A situation that is likely to result in a negative outcome. Can be resolved in a way that's beneficial to one's personal circumstances. The decisive factor in the equation, being one's ability to handle the situation. Without surrendering to the compulsion to act in a moment of weakness. Losing everything one has fought so hard to build as a consequence.